**Pros and Cons of Video Games**

Video games! Ah! The very name filled my heart with excitement, and thrill. What else can a child want when he has got his favorite video games to spend his weekends with; away from school and homework. The guy who created this fun stuff, sure knew what a child wants to play with. I am sure Santa must be having a whole lot of letters mentioning about video games every Christmas. And the great thing is, with advances in technology and innovation video games are not only a favorite with kids, but can also make adults glued to their couch; mostly men of course! The bottom line is, video games are fun, and they are undoubtedly mind-involving. But as many things in this world, they have their share of disadvantages as well.  
  
Video Games - Their Advantages and Disadvantages  
  
**Pros**  
  
 One of the important and scientifically proven benefits of playing video games is associated with improved ability of problem solving and logic skills. Adventure games, puzzles, riddles, and similar types of games trigger the brain to think unusually, and come up with out-of-the-box ideas.  
Another benefit is enhanced levels of hand-eye coordination. Certain medical journals are with the fact that surgeons who indulge in video games are less susceptible to commit errors than those who don't. One fine example of such games is one that I came across, off late. It's about guiding a crow through dark narrow passages, which are supposedly in Hell. Anyone who can complete the task at one go can easily be considered to have exceptional hand-eye coordination.  
Games that are packed with action, help in improving concentration in children.  
Video games, nowadays, is not only about playtime, but are doing well in the field of education, as well. How would you feel to study mathematics if you realize that you are not studying but playing with numbers? It has been surveyed that kids learn more and learn quickly, if they are taught with the help of video games.  
Reportedly, such games help in the treatment of kids with attention deficit disorders.  
Creativity makes life beautiful, and one of the fun ways to boost this quality, not only in kids but adults too, is getting into video games.  
Nowadays, virtual pet games are gaining popularity. Such games are designed to help beginners to know the intricacies in raising a pet, thereby instilling a sense of responsibility.  
  
**Cons**  
  
The greatest drawback is the risk of addiction. While these games do increase cognitive power, they tend to make children neglect their studies, keep them from eating properly, and from getting enough exercise.  
Certain studies have shown most violence-packed games tend to induce violent behavior in kids. They somehow become blind to the difference between real life and games on TV. Such kids fail to understand that reality and situations presented in video games do not go along.  
At one point, the addiction to such games become so intense that, people start neglecting the importance of social life. They begin to isolate themselves from the company of other people, and become increasingly indulged in these games.  
  
Excess of anything, no matter how fun, or how beneficial, has no other end except becoming a concern. And this stands true for video games. So always make a conscious effort to know when to play and when not to. Remember, balance is the key!